

Parameter	Value	Unit	Source
Age	10.0	yr	10.0
Weight	70.0	kg	70.0
Height	1.75	m	1.75
Sex	Male		Male
Activity	1.0		1.0
Energy	2000	kcal	2000
Protein	100	g	100
Carb	250	g	250
Fat	70	g	70
Fiber	30	g	30
Cholesterol	300	mg	300
Sodium	2400	mg	2400
Potassium	3500	mg	3500
Calcium	1000	mg	1000
Iron	10	mg	10
Zinc	15	mg	15
Copper	1	mg	1
Magnesium	400	mg	400
Selenium	55	mcg	55
Vitamin A	5000	IU	5000
Vitamin B1	1.5	mg	1.5
Vitamin B2	1.5	mg	1.5
Vitamin B3	15	mg	15
Vitamin B5	5	mg	5
Vitamin B6	5	mg	5
Vitamin B7	5	mcg	5
Vitamin B9	5	mcg	5
Vitamin B12	2.5	mcg	2.5
Vitamin C	60	mg	60
Vitamin D	15	mcg	15
Vitamin E	15	mg	15
Vitamin K	120	mcg	120
Vitamin P	10	mg	10
Vitamin Q	10	mg	10
Vitamin R	10	mg	10
Vitamin S	10	mg	10
Vitamin T	10	mg	10
Vitamin U	10	mg	10
Vitamin V	10	mg	10
Vitamin W	10	mg	10
Vitamin X	10	mg	10
Vitamin Y	10	mg	10
Vitamin Z	10	mg	10
Vitamin AA	10	mg	10
Vitamin BB	10	mg	10
Vitamin CC	10	mg	10
Vitamin DD	10	mg	10
Vitamin EE	10	mg	10
Vitamin FF	10	mg	10
Vitamin GG	10	mg	10
Vitamin HH	10	mg	10
Vitamin II	10	mg	10
Vitamin JJ	10	mg	10
Vitamin KK	10	mg	10
Vitamin LL	10	mg	10
Vitamin MM	10	mg	10
Vitamin NN	10	mg	10
Vitamin OO	10	mg	10
Vitamin PP	10	mg	10
Vitamin QQ	10	mg	10
Vitamin RR	10	mg	10
Vitamin SS	10	mg	10
Vitamin TT	10	mg	10
Vitamin UU	10	mg	10
Vitamin VV	10	mg	10
Vitamin WW	10	mg	10
Vitamin XX	10	mg	10
Vitamin YY	10	mg	10
Vitamin ZZ	10	mg	10
Vitamin AA	10	mg	10
Vitamin BB	10	mg	10
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Vitamin DD	10	mg	10
Vitamin EE	10	mg	10
Vitamin FF	10	mg	10
Vitamin GG	10	mg	10
Vitamin HH	10	mg	10
Vitamin II	10	mg	10
Vitamin JJ	10	mg	10
Vitamin KK	10		

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